

## **ABSTRACT**

The present invention provides an improved article of clothing that protects areas of the body, such as the knee area, elbow area, and the foot area, that are vulnerable to injuries during crawling. In embodiments of the present invention, an article of clothing is incorporated with a knee protective device that includes soft padding for covering the knee area for knee protection, an elbow protective device that includes soft padding covering the elbow area for elbow protection, and a foot protective device that includes soft padding covering the foot area for protection of the foot, and a traction device that includes sufficient coefficient of friction to create stable traction during crawling.